

myHEALTH
ESSENTIALSSM

Weight Management



**A program for BlueCross
members who want to
lose weight**



**BlueCross BlueShield
of South Carolina**

An Independent Licensee of the Blue Cross and Blue Shield Association,
an Association of Independent Blue Cross and Blue Shield Plans.

www.SouthCarolinaBlues.com

Weight Management

Would you like to lose a few pounds? Want to feel better about yourself — and just feel better in general? Everyone can use a little help sometimes. If you're overweight, we have the help you need!

Weight Management is a confidential program designed to help you lose weight. Call today to participate in the program. We'll send you a weight management guide and tool kit. You'll get a book outlining a 12-week eating plan and a grocery guide.

Approximately one week later, a registered nurse will call you to administer the program survey. We'll help you set your goals — and we'll call later to see how you're doing with the program.

Here's what we can help you do:

- Understand your weight.
- Assess your weight and set goals.
- Manage your weight.
- Learn how to design your weight management program.

Any information provided through this program is for educational purposes only and does not replace the care you receive from your doctor. You should always check with your doctor before following any medical advice.

Call today

Columbia area residents call

(803) 699-3337

Outside Columbia, call

1-800-925-9724